

REDEPLOYMENT & REUNION

**85TH MEDICAL
DETACHMENT (CSC)**



REUNION

- Homecoming is an exciting time, but it will still require some adjustment for the Soldier and the family members.
- Each person had to develop new roles and new skills during the deployment.
- Transition to home can be challenging, but there are ways to make it easier.



HOMECOMING

Tips for Spouses -

- Go slowly and make adjustments.
- Avoid scheduling too many things.
- Remind the Soldier that they are still needed.
- Be patient with yourself and your partner.

**Soldier may need time to readjust to normal habits.*



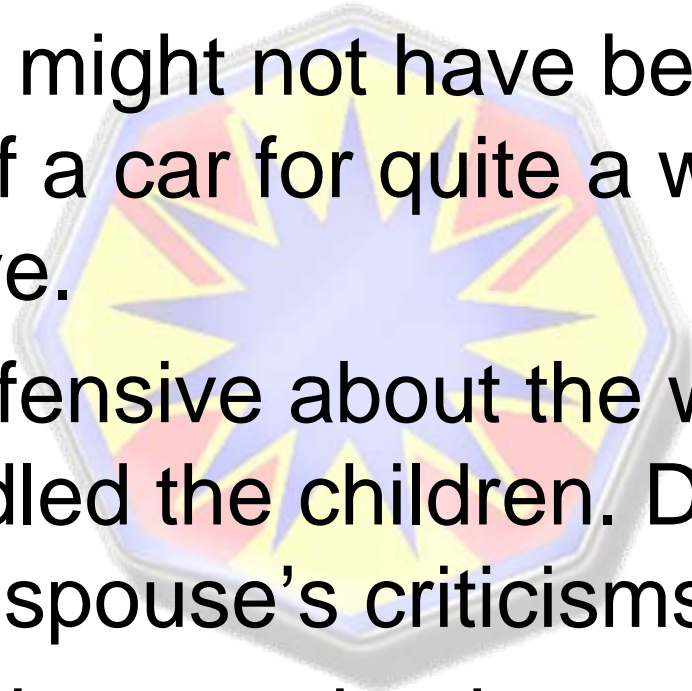
Tips for spouses - (continued)

- Expect Soldier to be different. Think how much you changed. So has he/she.
- Remember that the Soldier has been subject to daily regimentation and routine. He/she may rebel against schedules and pre-planned events. Leave some room for spontaneity.
- Expect Soldier to have trouble sleeping for a while until he/she re-adjusts to home environment.



Tips for spouses - (continued)

- The Soldier might not have been behind the wheel of a car for quite a while. Offer to drive.
- Don't be defensive about the way you've handled the children. Discuss any of your spouse's criticisms calmly.
- Expect that it may take time to re-establish sexual intimacy.



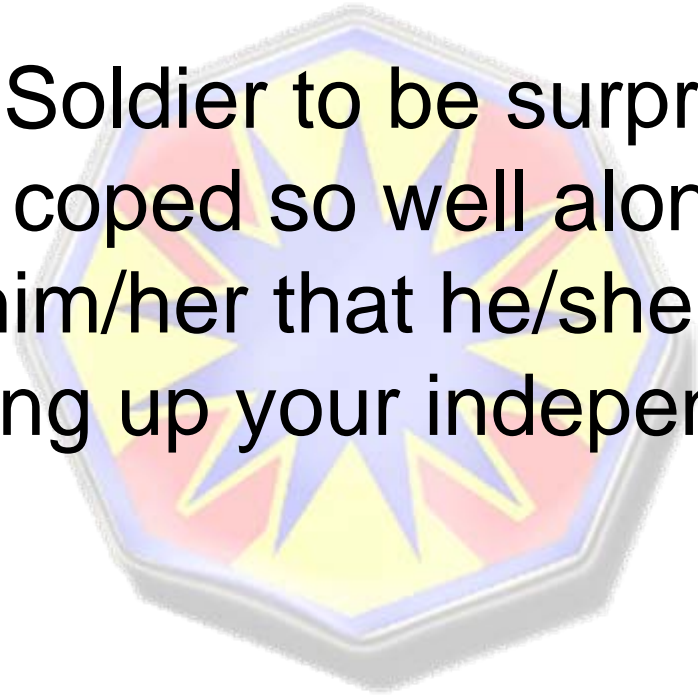
Tips for spouses - (continued)

- The Soldier may want to celebrate his/her return with a spending spree. If you can't afford it, hold tight to purse strings. The urge to spend will pass.
- Don't grill him/her about real or imagined affairs. Don't poke around his/her belongings looking for "clues" you will only damage the trust between you.



Tips for spouses - (continued)

- Expect the Soldier to be surprised or hurt that you've coped so well alone.
Reassure him/her that he/she is needed, without giving up your independence.



ARMY FAMILY SUPPORT ORGANIZATIONS

- Army Community Service
 - AER Army Emergency Relief
 - AFTB Army Family Team Building
- American Red Cross
- Family Support Group
- Unit Chaplains
- 85th MED. DET. (CSC)

